

COVID-19 IHM Indoor Sports Protocol

Participants may enter the gym five minutes before the beginning of their practice time. For example, if practice starts at 6:00 p.m. you will be allowed to enter through the south atrium door Door #5 at 5:55 p.m.

Practices will go for 60-90 minutes. There will be a break between practice times for coaches to pick up any trash left in the gym and use sanitation wipes to wipe down any shared basketballs.

Practice schedule available:

3:30-4:30 p.m.

5:00-6:30 p.m.

7:00-8:30 p.m.

NOTE: Only in season sports teams will have gym availability until further notice.

The gym will be cleaned every evening at 9:00 p.m. The gym will remain closed from 9:00 p.m. onward each day.

Players and coaches are the only individuals allowed in the gym. Parents or caretakers are not permitted to enter the building. If a child needs to be picked up early, please make arrangements prior with the coach. Parents need to remain in their car when picking up their child.

Participants must wear a mask to and from practice and leave it on until further instructed by a coach. Per CYO, masks are permitted to be taken off during rigorous activity, but must be worn at all other times.

There is no drinking fountain available. Please bring your own water bottle and do not share water.

Practice shirts must be worn at all times. "Shirts and skins" is not permitted until further notice.

Coaches will be wearing masks at all times.

All school athletic teams must follow and implement current IHSAA guidelines at all times which can be found [here](#).